



PUMPKIN

The Ultimate Recipe Book

Les Ilagan



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By
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Introduction

Fall is a very festive season, with holidays just around the corner. There's just something really nice about the change of weather and how the tree leaves changes their color. It makes us want to cuddle up indoors and partake in something warm and sweet such as a traditional homemade pumpkin pie or a bowl of comforting pumpkin soup.

Pumpkin has always been an autumn favourite because of its abundance during the season. In culinary, it is very versatile ingredient that can be used in so many ways. From an exquisite main course to a sumptuous dessert, you can rely on the unique taste and texture that a pumpkin brings. Not to mention that it is loaded with vitamins and minerals that are good for the body.

This book contains many wonderful recipes that you can choose to include when planning meals for the whole family. They are not only pleasing to the eyes, but delectable too!

This book is a part of many cookbook series that I am writing, I hope you have fun trying all the recipes in this book.

So, let's get started!

Cinnamon Pumpkin Pie

This pumpkin pie recipe is so delicious, aromatic, and very filling!



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 8 servings

Ingredients

- 1 cup of brown sugar
- 4 teaspoons of cornstarch
- 1/2 teaspoon of salt
- 1/2 teaspoon of ground cinnamon
- 2 large eggs
- 1 (15 oz.) can of pumpkin puree
- 1 cup of milk
- 1 pie shell (baked)
- whipped cream, for topping

Method

1. Preheat your oven to 400°F.

2. Combine all of the ingredients together and pour the mixture into the pie shell.
3. Bake at 400°F for 10 minutes then reduce the temperature to 350°F. Bake for another 45-50 minutes.
4. Take it out of the oven and allow to cool. Top with whipped cream, slice, and serve.



Easy Citrus Spiced Pumpkin Pie

This awesome pumpkin pie recipe is perfect for snack or dessert.



Preparation Time: 10 minutes

Total Time: 1 hour 25

Yield: 8 servings

Ingredients

- 1 pie pastry crust (unbaked)
- 1 (15 oz.) can of pumpkin puree
- 2 teaspoons of orange peel (grated)
- 2 teaspoons of lemon peel (grated)
- 3/4 cup of brown sugar (packed)
- 1 teaspoon of ground cinnamon
- 1/4 teaspoon of ground ginger
- 1/4 teaspoon of nutmeg (grated)
- 1/4 teaspoon of ground cloves
- 1/4 teaspoon of salt
- 3 large eggs
- 1 1/4 cups of whipped cream

Method

1. Preheat your oven to 375°F and line your pie crust with parchment paper. Put in some pie weights and bake for 15 minutes. Take it out of the oven. Remove the weights and cover. Allow to cool.
2. Reduce the temperature to 350°F.
3. Put your pumpkin in a food processor and add in the following ingredients: orange peel, lemon peel, brown sugar, salt, and the spices.
4. Add the eggs, one at a time. Pulse the contents of the processor each time you add an egg. Add in the cream and process for another 5 seconds.
5. Pour the filling that you just made into the pie crust.
6. Bake for 1 hour. Allow to completely cool before slicing.
7. Serve and enjoy.



Traditional Pumpkin Pie

Start your autumn right with this classic pumpkin pie recipe.



Preparation Time: 15 minutes

Total Time: 1 hour 20 minutes

Yield: 8 servings

Ingredients

- 1 pie pastry crust (baked)
- 2 cups of pumpkin puree
- 1 1/2 cups of heavy cream
- 3/4 cup of packed brown sugar
- 1/2 teaspoon of salt
- 2 whole eggs and 1 egg yolk
- 1 teaspoon of cinnamon
- 1 teaspoon of ground ginger
- 1/4 teaspoon of ground nutmeg
- 1/4 teaspoon of ground cloves
- 1/4 teaspoon of cardamom
- 1/2 teaspoon of lemon zest
- sour cream (for topping)

Method

1. Preheat your oven to 425°F.
2. Beat the eggs in a bowl and add in the brown sugar. Stir in the salt, spices, and lemon zest then add in the puree. Finally, add in the cream. Mix everything together well.
3. Pour the filling into the pie crust and bake in the preheated oven for 15 minutes. Lower the temperature to 350°F and bake for another 45 minutes. Allow to cool before serving. Put a dollop of sour cream on top of each slice for topping.
4. Serve and enjoy.



Pumpkin Toffee Pie

Delectable and satisfying, there's a little surprise waiting for you at the bottom of this pie!



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 8 servings

Ingredients

- 1 (15 oz.) can of pumpkin puree
- 1 ½ cup of brown sugar
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of ground cinnamon
- 1/2 teaspoon of ground ginger
- 1/2 teaspoon of ground nutmeg
- 1/4 teaspoon of salt
- 1/2 cup of milk
- 1/2 cup of heavy cream
- 3 large eggs
- 1 pie pastry crust (baked)
- 3/4 cup of toffee bits

Method

1. Preheat your oven to 375°F.
2. Mix together the puree, brown sugar, vanilla, spices, and the salt.
3. Add the milk, cream, and eggs. Mix well until smooth and creamy.
4. Spread the toffee bits into the bottom of your pie crust and pour the pumpkin filling over them.
5. Bake the pie for about an hour. Allow to cool before slicing.
6. Serve and enjoy.



Buttermilk Pumpkin Pancakes

The perfect autumn breakfast!



Preparation Time: 10 minutes

Total Time: 30 minutes

Yield: 8 servings

Ingredients

1 1/2 cups of flour

1/2 teaspoon of salt

1 tablespoon of baking powder

1/4 teaspoon of baking soda

1/2 teaspoon of pumpkin pie spice

3 tablespoons of brown sugar

1 cup of pumpkin puree

1 large egg

1 1/2 cup of buttermilk

2 tablespoons of unsalted butter

1 teaspoon of vanilla extract

Method

1. Put the flour, baking powder, baking soda, salt, sugar, and pumpkin pie spice in a bowl. Mix them together.
2. In another bowl, combine the pumpkin puree, egg, buttermilk, melted butter, and vanilla extract. Mix the ingredients together thoroughly. Go back to the dry ingredients and make a well in the center. Pour the wet ingredients into the well. Whisk everything together until combined.
3. Heat a non-stick pan over medium heat. Pour 1/3 cup of the batter into the pan. Cook until bubbles form on top. Flip the pancake to cook the other side until golden brown.
4. Serve with more butter and some maple syrup, if desired. Goes well with coffee or hot chocolate.
5. Enjoy.



Ginger and Pumpkin Bars

Perfect for those times when you need a grab and go food, just prepare in advance.



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 24 servings

Ingredients

- 1 1/2 cups of packed brown sugar
- 2 cups of flour
- 1/4 cup of crystallized ginger (chopped)
- 2 teaspoons of baking powder
- 1 teaspoon of baking soda
- 1 1/2 teaspoons of ground cinnamon
- 1/4 teaspoon of salt
- 1/2 cup of vegetable oil
- 1/2 cup of milk
- 1 teaspoon of vanilla
- 1 can of pumpkin (not for pie)
- 2 large eggs

For the frosting:

1 package of cream cheese (softened in room temperature)
2 tablespoons of butter
1/2 teaspoon of vanilla
2 ½ cups of powdered sugar
2 tablespoons of milk

Method

1. Preheat your oven to 350°F. Line your baking pan with parchment paper. Sprinkle some flour.
2. Mix all of the pumpkin bar ingredients in an electric mixer on low speed. Then, beat on medium speed for another 1 minute or until combined well. Spread the mixture into the baking pan.
3. Bake for 30 minutes. You'll know that it's fully baked when you stick a toothpick in the center and it comes out clean. Allow to cool in wire rack.
4. Meanwhile, beat the cream cheese and butter in a bowl. Add in 1/2 teaspoon of vanilla. Slowly add the powdered sugar, one cup at a time. Finally, add 2 tablespoons of milk. Frost the cake and refrigerate for 30 minutes. Cut into small squares.
5. Serve and enjoy.



Mango and Pumpkin Cupcakes

This cupcake recipe has a nice sweet taste from the mango and pumpkin.



Preparation Time: 10 minutes

Total Time: 50 minutes

Yield: 12 servings

Ingredients

- 1 package of yellow cake mix
- ½ cup of pumpkin puree
- ½ cup mango puree
- 1 teaspoon of pumpkin pie spice
- 1/2 cup of water
- 1/3 cup of oil
- 3 medium eggs
- 1 teaspoon of vanilla extract
- 1 cup diced mangoes (for topping)

Method

1. Preheat your oven to 350°F and line your muffin tray with paper or foil cupcake cups.

2. In a large bowl, mix together all of the cupcake ingredients (except for the diced mangoes) using an electric mixer. Set it at medium speed and blend for about 2 to 3 minutes.
3. Spoon the batter into your muffin tray.
4. Bake for 20 minutes. Cool on a wire rack and add mangoes on top. Alternatively, you can top each with some whipped cream before adding the mangoes to make it look prettier.
5. Serve and enjoy.



Chocolate Chip and Pumpkin Cookies

Delicious and easy to make! You can give these cookies out during Halloween night.



Preparation Time: 10 minutes

Total Time: 45 minutes

Yield: 48 servings

Ingredients

1 cup of unsalted butter (softened)

1 cup of white sugar

1 cup of light brown sugar

2 medium eggs

1 teaspoon of vanilla extract

1 cup of pumpkin puree

3 cups of flour

2 teaspoons of baking soda

1/2 teaspoon of salt

1 teaspoon of ground cinnamon

1/2 teaspoon of ground ginger

1/4 teaspoon of ground nutmeg

1/4 teaspoon of ground cloves

2 cups of milk chocolate chips

Method

1. Preheat your oven to 350°F. Line 2 cookie sheets with parchment paper.
2. Beat butter in using a stand mixer until fluffy.
3. Add the white and brown sugars and continue beating until smooth. Then add the eggs, one at a time.
4. Add the vanilla and the pumpkin puree. Beat until combined well.
5. In a different bowl, mix together the flour, baking soda, salt, cinnamon, ginger, cloves, and nutmeg. Pour the dry ingredient mixture into the butter and egg mixture. Fold in the chocolate chips.
6. Scoop about 1 tablespoon of the batter into the cookie sheets. You can press down slightly on the circles to make them flatter.
7. Bake for 15 to 20 minutes. Allow to cool on wire racks.
8. Serve and enjoy.



Pumpkin Bread

This pumpkin bread is perfect for breakfast or snack, best served with coffee or tea.



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 30 servings

Ingredients

3 cups of pumpkin puree

1 1/2 cups of vegetable oil

4 cups of white sugar

6 large eggs

4 3/4 cups of flour

1 1/2 teaspoons of baking powder

1 1/2 teaspoons of baking soda

1 1/2 teaspoons of salt

1 1/2 teaspoons of ground cinnamon

1 1/2 teaspoons of ground nutmeg

1 1/2 teaspoons of ground cloves

Method

1. Preheat your oven to 350°F and grease 3 loaf pans. Sprinkle some flour into them and set aside.
2. Mix together the pumpkin puree, sugar, eggs, and oil in a mixing bowl. Set aside.
3. In another bowl, combine the baking powder, baking soda, cinnamon, nutmeg, cloves, flour, and salt. Add this to the pumpkin puree mixture and blend thoroughly.
4. Pour the batter evenly into each loaf pan.
5. Bake in the oven for about 45 minutes to an hour or until tested done. Take it out of the oven and allow to cool before slicing.
6. Enjoy.



Easy Pumpkin Cheesecake

A rich and creamy pumpkin cheesecake recipe that is great for dessert or snack.



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 10 servings

Ingredients

2 packages of cream cheese

3/4 cup of condensed milk

1 cup of pumpkin puree

1 teaspoon of ground cinnamon

1/2 teaspoon of ground ginger

1/2 teaspoon of ground nutmeg

2 large eggs

1/4 teaspoon of salt

2 pie crusts (baked)

Method

1. Preheat your oven to 350°F.

2. Mix together the cream cheese and the condensed milk. Add in the pumpkin puree and the spices. Add the eggs, one at a time.
3. Finally, add the salt. Beat everything together until the consistency becomes creamy. Divide the batter between the 2 pie crusts.
4. Bake the pies in the preheated oven for 50 minutes to an hour. You'll know that they're fully baked when you stick a toothpick in the center and it comes out clean. Take them out of the oven and allow to cool a little before slicing.
5. Serve and enjoy.



Pumpkin-flavored French Macarons

A bit hard to make, but very worth it. The people you serve these to, will surely love them.



Preparation Time: 15 minutes

Total Time: 1 hour 30 minutes

Yield: 40 servings

Ingredients

For the shell:

- 4 ounces of almond flour
- 8 ounces of powdered sugar
- 1 tablespoon of pumpkin pie spice
- 5 ounces of egg whites
- 2 1/2 ounce of sugar
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of salt

For the filling:

- 1/4 cup of butter
- 3 tablespoons of pumpkin puree
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of pumpkin pie spice

A pinch of salt
3 cups of powdered sugar
1 tablespoon of whipping cream

Method

1. Preheat your oven to 300°F. Line some cookie sheets with parchment paper.
2. In a medium bowl, sift the almond flour, pumpkin pie spice, and powdered sugar. Mix them together and set aside.
3. Using a stand mixer, combine the egg whites, sugar, and salt on medium setting. Beat for about 3 minutes. Increase the setting to medium-high. Continue beating for another 6 minutes.
4. Turn the mixer off, add in the vanilla extract, and whip for a minute more on the highest speed of your mixer. Your meringue should have formed by now.
5. Take the dry ingredients and pour them into the meringue. Fold them in with a spatula or a large spoon. Mix together completely.
6. Take a piping bag and fill it halfway through with the meringue. Pipe the batter into circles on each baking sheet. Leave ample space between each circle because they will spread. Repeat this process until you run out of batter.
7. Hold your cookie sheet and tap it against your work area. This will get rid of any air bubbles in your macarons.
8. Bake for about 18 to 20 minutes. While baking, you can start working on the filling.
9. To make the filling, equip your stand mixer with the paddle attachment. Beat together the butter and the pumpkin puree at medium-high speed. Add in the vanilla extract, salt, and pumpkin pie spice. Mix for 15 seconds.
10. Add the powdered sugar and beat a medium-low speed. Take your heavy cream and beat at medium speed. Make sure that all the ingredients are mixed well together. Increase the setting to medium-high and mix for 4-5 minutes.
11. Once the macarons are cooked. Cool on wire racks.
12. Take two macaron circles and set one of them aside while piping some filling into the other. Cover with the one you set aside. Repeat for remaining macaron circles.
13. Serve and enjoy.



Raisin and Walnut Pumpkin Muffins

Add a burst of color to your dinner table with these adorable muffins.



Preparation Time: 10 minutes

Total Time: 1 hour

Yield: 36 servings

Ingredients

4 3/4 cups of flour

3 cups of brown sugar

1 1/2 teaspoons of baking powder

1 1/2 teaspoons of baking soda

1 1/2 teaspoons of nutmeg

1 1/2 teaspoons of cinnamon

1 1/2 teaspoons of ground cloves

1 teaspoon of salt

6 medium eggs (lightly beaten)

1 (15 oz.) can of pumpkin puree

1 cup of unsweetened applesauce

1 cup of chopped walnuts

1 cup of raisins

cooked pumpkin (diced, for topping)

Method

1. Preheat your oven to 350°F and line about 3 muffin trays with muffin paper liners.
2. Mix together the flour, sugar, baking soda, baking powder, salt, and spices in a bowl. In a different bowl, mix the wet ingredients until smooth. Add the wet ingredient mixture to the dry ingredients and stir to combine.
3. Fold in the walnuts and the raisins.
4. Spoon batter onto each muffin cup, filling about $\frac{3}{4}$ of the cup.
5. Bake for 30 to 35 minutes. Allow to cool on wire racks.
6. Top with some diced pumpkin.
7. Serve and enjoy.



Pumpkin Bundt Cake

You can use any type of glaze for this cake. You can even try adding chocolate syrup or ganache on top. Yum!



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 12 servings

Ingredients

For the streusel:

1/2 cup of packed brown sugar

1 teaspoon of ground cinnamon

1/4 teaspoon of ground allspice

2 teaspoons of butter

For the cake:

3 cups of flour

1 tablespoon of ground cinnamon

2 teaspoons of baking soda

1 teaspoon of salt

2 cups of granulated sugar

1 cup of butter

4 eggs
1 cup of pumpkin puree
2 teaspoons of vanilla extract
1 container of sour cream
cooking oil spray

For the glaze:

1 ¼ cup of powdered sugar
¼ cup of milk

Method

1. Preheat your oven to 350°F.
2. Take a Bundt pan and grease with oil spray. Lightly dust it with some flour. Set aside
3. Mix together the cinnamon, allspice, and brown sugar. Add in some butter and stir until the mixture becomes crumbly. Set this streusel aside.
4. In a big bowl, mix together the cinnamon, baking soda, salt, and flour. In a different bowl, mix together the sugar and the butter. Add in the eggs, one at a time. Remember to beat after each addition. Add in the pumpkin, vanilla extract, and sour cream. Mix thoroughly and then add the flour mixture to it.
5. Take half of your batter and scoop it into your Bundt pan. Sprinkle the streusel over the batter then pour the rest of the batter on top.
6. Bake for 55 to 60 minutes.
7. To make the glaze, pour the milk into a bowl and add the powdered sugar. Stir together until smooth.
8. Take the cake out of the oven and allow to cool for about 30 minutes before inverting.
9. Glaze the cake and serve.



Easy Homemade Pumpkin Praline

Tired of pumpkin pies? Make this instead!



Preparation Time: 10 minutes

Total Time: 1 hour 40 minutes

Yield: 12 servings

Ingredients

2 cups pumpkin puree
1 can of evaporated milk
3 large eggs
1 cup of sugar
1 teaspoon of pumpkin pie spice
1 box of yellow cake mix
1 1/2 cups of chopped walnuts
1/2 cup of butter (melted)
cooking oil spray

Method

1. Heat your oven to 350°F. Grease the bottom and sides of a baking pan using an oil spray.
2. Take a bowl and beat the pumpkin, milk, eggs, sugar, and pumpkin pie spice using a

wire whisk. Pour this mixture into the pan.

3. Pour the dry cake mix over the pumpkin mixture. Add the walnuts and finally pour evenly the melted butter on top.
4. Bake for 50 to 60 minutes. Cool for 30 minutes.
5. Cut and serve.
6. Enjoy.



Pumpkin and Raisin Muffins

This pumpkin muffin recipe with raisins is really delicious, perfect for your kid's lunchbox!



Preparation Time: 10 minutes

Total Time: 50 minutes

Yield: 36 servings

Ingredients

2 1/2 cups of brown sugar

1 cup of vegetable oil

4 large eggs

2 cups of pumpkin puree

3 1/2 cups of flour

2 teaspoons of baking powder

1 teaspoon of baking soda

1 teaspoon of salt

3 teaspoons of pumpkin pie spice

2/3 cup of water

1 cup of raisins

Method

1. Preheat your oven to 350°F. Line 3 muffin trays with paper cups.
2. Mix together the pumpkin, eggs, sugar, and oil in a medium bowl.
3. In another mixing bowl, combine all the dry ingredients. Then, slowly add the dry ingredients to the wet mixture.
4. Fold in the raisins.
5. Spoon batter onto the muffin cups, about $\frac{3}{4}$ cup full.
6. Bake for 30-35 minutes or until tested done. Cool in wire racks.
7. Serve and enjoy.



Pumpkin Roll

Sweet, nutty, and creamy all rolled into one!



Preparation Time: 10 minutes

Total Time: 45 minutes

Yield: 10 servings

Ingredients

- 1 gingerbread cake mix
- 1 cup of pumpkin puree
- 2 tablespoons of vegetable oil
- 2/3 cup of water
- 1 package of cream cheese
- 5 tablespoons of butter (softened)
- 3 cups of powdered sugar
- 1/4 cup of eggnog
- 1/2 teaspoon of vanilla extract
- 1/4 cup of powdered sugar
- 1 cup of dry roasted almonds (coarsely chopped)

Method

1. Preheat your oven to 375°F.
2. In a bowl, mix together the cake mix, pumpkin puree, oil, and water until smooth.
3. Grease a cookie sheet and dust it with some flour. Spread the cake batter into an even layer.
4. Bake for about 12-15 minutes.
5. Allow the cake to cool in wire rack.
6. Using a stand mixer, beat the cream cheese together with the butter, eggnog, vanilla, and powdered sugar. Make the mixture fluffy.
7. Spread the frosting on the cake and roll. Refrigerate for an hour. Take it out of the fridge and sprinkle with almonds. Cut crosswise to make 10 slices.
8. Serve and enjoy.



Pumpkin Sandwich Cookies

These cookies are perfect for snack time, just serve with a cup of coffee or tea.



Preparation Time: 10 minutes

Total Time: 1 hour

Yield: 30 servings

Ingredients

For the cookies:

- 2 cups of flour
- 1 1/2 teaspoons of pumpkin pie spice
- 1 1/2 teaspoons of baking powder
- 1/4 teaspoon of baking soda
- 1/4 teaspoon of salt
- 1 cup of butter (softened)
- 1 cup of granulated sugar
- 1 large egg
- 1 cup of pumpkin puree

For the filling:

- 6 ounces of cream cheese (softened)
- 1/3 cup of butter (softened)

1/2 jar of marshmallow creme
1 teaspoon of vanilla extract
1 teaspoon of pumpkin pie spice
1 3/4 cups of powdered sugar

Method

1. Preheat your oven to 375°F and line 2 cookie sheets with parchment paper.
2. Combine the flour, pumpkin pie spice, baking powder, baking soda, and salt in a bowl.
3. In another bowl, beat together the butter and sugar with an electric mixer on medium speed for about 30 seconds. Add the egg and the pumpkin puree.
4. Take the flour mixture and add into the wet ingredients. Mix with the mixer until combined well.
5. Drop a tablespoon of batter into the cookie sheet. Make sure that they have ample space in between.
6. Bake for 12 to 15 minutes. Transfer the cookies to a wire rack to cool completely.
7. For the filling, beat together the 6 ounces of cream cheese and butter in a bowl. Add the marshmallow creme, vanilla extract, and pumpkin pie spice. Combine everything together thoroughly, then add 1 3/4 cups of powdered sugar. Mix well until smooth.
8. Take one of the cookies and spread the filling on it. Cover with another cookie. Repeat this process for the remaining cookies.
9. Serve and enjoy.



Pumpkin Whoopie Pies

Melt-in-your-mouth goodness!



Preparation Time: 10 minutes

Total Time: 40 minutes

Yield: 30 servings

Ingredients

- 1 box of spice cake mix
- 1/3 cup of butter (softened)
- 1 can of pumpkin puree
- 2 teaspoons of pumpkin pie spice
- 1/2 cup of milk
- 2 large eggs
- 1 container of cream cheese frosting

Method

1. Preheat your oven to 350°F and line a cookie sheet with parchment paper.
2. Combine the cake mix, softened butter, pumpkin puree, pumpkin pie spice, milk, and eggs. Using an electric mixer, mix together all the ingredients until blended well.
3. Using a tablespoon, drop batter onto the cookie sheet. Make sure that they have

enough space in between.

4. Bake for 10 to 12 minutes.
5. Once cool enough, you can then spread the cream cheese filling on one cookie and cover it with another to make a cute, little sandwich. Repeat with remaining cookies.
6. Enjoy!



Cranberry and Pumpkin Cookies

These homemade cookies will bring you awesome taste of the holidays.



Preparation Time: 10 minutes

Total Time: 30 minutes

Yield: 36 servings

Ingredients

- 1/2 cup of softened unsalted butter
- 1 cup of white sugar
- 1 teaspoon of vanilla extract
- 1 large egg
- 1 cup of pumpkin puree
- 2 1/4 cups of flour
- 2 teaspoons of baking powder
- 1 teaspoon of baking soda
- 1/2 teaspoon of salt
- 1/2 teaspoon of ground cinnamon
- 1 tablespoon of orange zest (finely grated)
- 1 cup of dried cranberries
- 1/2 cup of chopped walnuts
- cooking oil spray

Method

1. Preheat your oven to 375°F and grease 3 cookie sheets with oil spray.
2. Mix the butter and the sugar together in a bowl until fluffy. Add in the vanilla, egg, and pumpkin puree.
3. In another bowl, mix the baking powder, baking soda, salt, and cinnamon. Add this mixture onto the wet ingredients. Mix until combined well.
4. Fold in cranberries into the batter along with the nuts and orange zest.
5. Use a spoon and scoop the final mixture into balls onto the cookie sheets.
6. Bake for 10 to 12 minutes.
7. Serve and enjoy.



Pumpkin and Apple Streusel Muffins

Indulge in the crunchy goodness that this pumpkin muffin brings.



Preparation Time: 10 minutes

Total Time: 1 hour

Yield: 30 servings

Ingredients

- 2 1/2 cups of flour
- 2 cups of brown sugar
- 2 teaspoon of pumpkin pie spice
- 1 teaspoon of baking soda
- 1/2 teaspoon of salt
- 2 large eggs
- 1 cup of pumpkin puree
- 1/2 cup of vegetable oil
- 2 cups of apples (peeled, cored, and chopped)
- 2 tablespoons of flour
- 1/4 cup of granulated sugar
- 1/2 teaspoon of ground cinnamon
- 4 teaspoons butter

Method

1. Preheat your oven to 350°F and line your 3 muffin trays with paper cups.
2. Combine flour, brown sugar, pumpkin pie spice, baking soda, and salt in a mixing bowl.
3. In another bowl, combine the eggs, oil, and pumpkin. Add this to the dry ingredient mixture. Stir together then add in the chopped apples. Get a spoon and scoop the batter into the muffin cups, about 2/3 full.
4. For the streusel, mix the 2 tablespoons of flour, 1/4 cup of sugar, and 1/2 teaspoon of cinnamon. Add in the butter and stir until the mixture turns into crumbs. Sprinkle the streusel over the muffins.
5. Bake for about 25-30 minutes or until tested done. Cool in wire racks.
6. Serve and enjoy.



Homemade Pumpkin Butter

This homemade pumpkin butter recipe is a very good substitute for the plain ol' butter.



Preparation Time: 20 minutes

Total Time: 20 minutes

Yield: 40 servings

Ingredients

- 1 can of pumpkin puree
- 3/4 cup of applesauce
- 1/4 cup of apple juice
- 3/4 cup of white sugar
- 1/2 teaspoons of ground cinnamon
- 1/2 teaspoon of ground nutmeg
- 1/2 teaspoon of ground cloves

Method

1. Combine all of the ingredients in a saucepan. Simmer for about 25-30 minutes, stirring constantly. Place in a sterilized bottle or jar.
2. Refrigerate until ready to serve.



Pumpkin Cupcakes with Buttercream Frosting

You can serve these treats at a baby shower or at a child's birthday party!



Preparation Time: 20 minutes

Total Time: 1 hour 20 minutes

Yield: 24 servings

Ingredients

2 cups of flour

1 teaspoon of baking soda

1 teaspoon of baking powder

1/2 teaspoon of salt

1/2 teaspoon of cinnamon

1/2 teaspoon of ground ginger

1/4 teaspoon of grated nutmeg

1/4 teaspoon of ground allspice

1 cup of brown sugar

1 cup of white sugar

1 cup of unsalted butter (melted)

4 large eggs

1 (15 oz.) can of pumpkin puree

For the frosting:

3 cups of confectioners' sugar

1 cup of whipping cream

1 teaspoon of vanilla extract

Method

1. Preheat your oven to 350°F and line your cupcake pans with paper cups.
2. Whisk together the flour, baking soda, baking powder, salt, and the spices. Set this aside.
3. In another bowl, combine the sugars, butter, and the eggs. Gradually add the dry ingredients and incorporate them into this wet mixture.
4. Stir in the pumpkin puree.
5. Spoon the batter into the paper cups, about $\frac{3}{4}$ full. Bake for 20 to 25 minutes.
6. *To make the Frosting:* Fit your stand mixer with a paddle attachment and mix the sugar and butter together on low speed until they are well blended. Increase the speed setting to medium and beat for a good 3 minutes. Add the vanilla and continue beating on medium speed for about a minute more.
7. Allow your cupcakes to cool in wire racks before frosting them.
8. You can put tiny, edible flowers on top of the frosting to make them look elegant. Enjoy.



Spiced Pumpkin Cookies

These cookies will make your house smell like autumn.



Preparation Time: 10 minutes

Total Time: 1 hour and 10 minutes

Yield: 30 servings

Ingredients

- 1 box of yellow cake mix
- 2 teaspoons of pumpkin pie spice
- 1 cup of pumpkin puree
- 1 medium egg
- 1/4 cup of butter
- 1/2 cup of raisins
- cooking oil spray

Method

1. Heat your oven to 375°F and grease your cookie sheet with oil spray.
2. Mix together the cake mix, the pumpkin pie spice, pumpkin puree, egg, and the butter with an electric mixer set to low. This should take about a minute or two.
3. Fold in the raisins and drop the dough using a tablespoon onto your cookie sheet.

4. Bake in the oven for 10 to 12 minutes. Cool in wire racks.
5. Serve and enjoy.



Pumpkin Cupcakes with Almonds

A simple and gorgeous presentation of a well-loved pumpkin classic.



Preparation Time: 15 minutes

Total Time: 1 hour 15 minutes

Yield: 12 servings

Ingredients

- 1 cup of all-purpose flour
- 1/2 teaspoon of baking powder
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of ground cinnamon
- 1/4 teaspoon of ground ginger
- 1/4 teaspoon of allspice
- 1/4 teaspoon of nutmeg
- 1/2 teaspoon salt
- 1 stick of softened unsalted butter
- 1/2 cup of granulated sugar
- 1/2 cup of pumpkin puree
- 1 1/2 teaspoons of vanilla extract
- 2 large eggs
- powdered sugar (for dusting)
- dry roasted whole almonds (for topping)
- cooked pumpkin cubes (for topping)

fresh mint sprigs (for garnish)

Method

1. Preheat the oven to 350°F and line a muffin tray with paper cups.
2. Combine the flour, baking powder, baking soda, spices, and salt in a bowl. Set this aside.
3. In another bowl, put the butter and the sugar. Beat with a stand mixer for 4 minutes.
4. Add the vanilla extract and the pumpkin puree.
5. Add the eggs, one at a time. Gradually, put the dry mixture into the wet mixture and mix thoroughly.
6. Fill each paper cup with batter, about 3/4 full.
7. Bake for 20 minutes and remove them from the oven. Cool in wire rack.
8. Dust with cupcakes with powdered sugar. Top with almonds, pumpkin cubes and garnish with mint sprigs.
9. Serve and enjoy.



Pumpkin and Onion Galette

Very easy to make and absolutely delicious! Serve this at potluck or to any party.



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 8 servings

Ingredients

- 1 pie dough
- 1/2 of a medium pumpkin (peeled)
- 2 tablespoons olive oil
- 2 tablespoons of butter
- 2 medium onion (thinly sliced)
- 1 teaspoon of salt
- 1/2 teaspoon of sugar
- 1/4 teaspoon of cayenne pepper
- 3/4 cup of cheddar cheese (grated)
- 1 1/2 teaspoons of sage leaves

Method

1. Preheat your oven to 375°F.

2. Remove the seeds and cut pumpkin into thin slices.
3. Toss the pumpkin slices with some olive oil and ½ teaspoon of salt. Roast the pumpkin for 30 minutes. Allow to cool slightly. Set aside.
4. Melt the butter in a pan. Cook the onion over low heat. Add in the remaining salt and sugar. Stir occasionally. Finally, add in the cayenne. Cook for about 15 minutes or until caramelized.
5. Change the oven's temperature to 400°F. Mix together the pumpkin, onion, cheddar cheese, and the sage in one bowl.
6. Flour your work area and roll out the dough into a 12-inch circle. Move this circle to a baking sheet and spread the filling over the dough. Make sure to leave a decent-sized "border" around the filling. Fold this "border" over the filling, leaving the center exposed.
7. Pop the galette into the oven and bake for 30 to 40 minutes. Take it out of the oven and allow to cool for 5 minutes before slicing.
8. Serve warm and enjoy.



Orange Spice Pumpkin Pie

Orange and pumpkin is so good together, this is the best-tasting autumn pie ever!



Preparation Time: 15 minutes

Total Time: 1 hour 15 minutes

Yield: 8 servings

Ingredients

- 1 pie pastry crust (unbaked)
- 1 (15 oz.) can of pumpkin puree
- 1 cup of brown sugar
- 3 large eggs
- 1 1/4 cups of whipping cream
- 2 tablespoons of crystallized ginger (finely chopped)
- 1 teaspoon of ground cinnamon
- 1 teaspoon of orange peel (grated)
- 1/4 teaspoon of ground nutmeg
- 1/4 teaspoon of salt

Method

1. Preheat your oven to 375°F.
2. Put your pie crust in a pie pan, cover with foil, and fill with pie weights. Bake for about 10-12 minutes. Remove the weights and the foil and bake for another 5 minutes. Take it out of the oven and reduce the temperature to 350°F.
3. Mix together the pumpkin and the brown sugar. Once fully combined, you can add all of the other ingredients. Stir to mix completely. Then, pour the filling into the pre-baked pie crust.
4. Bake the pie for about 1 hour. Allow to cool for a while before slicing.
5. Refrigerate if you want to serve it cold.
6. Enjoy.



Basic Pumpkin Puree

No need to go to the store to purchase a can of pumpkin puree. Make it at home.



Preparation Time: 10 minutes

Total Time: 1 hour 20 minutes

Yield: 8 servings

Ingredients

1 sugar pumpkin

Method

1. Preheat your oven to 325°F.
2. Halve the pumpkin, remove the seeds and the pulp. Cover each half with some foil. Put the pumpkin halves in the oven with the foil side facing up. Bake for an hour.
3. Take the insides of the pumpkin from their shells and put them in a blender or a food processor. Process until pureed completely.
4. Your pumpkin puree is ready to use.



Spiced Pumpkin Puree

The two spices added to this already awesome puree makes it extra special.



Preparation Time: 10 minutes

Total Time: 1 hour 20 minutes

Yield: 8 servings

Ingredients

- 1 sugar pumpkin
- 1 teaspoon of cinnamon
- 1 teaspoon of nutmeg

Method

1. Preheat your oven to 325°F.
2. Cut the pumpkin in half and remove the seeds as well as the pulp. Cover with foil and put it in the oven, with the foil side up, to bake for an hour.
3. Scoop out the pumpkin's insides from its shell and put it in the food processor or blender. Add the spices (cinnamon and nutmeg) and puree.
4. Your pumpkin puree is ready to use.



Pumpkin and Nut Puree

If you love the taste of nuts, then this puree is for you!



Preparation Time: 30 minutes

Total Time: 1 hour 20 minutes

Yield: 8 servings

Ingredients

1 sugar pumpkin

1/2 cup of your choice of nuts (walnuts and almonds - work best)

salt and freshly ground black pepper

Method

1. Preheat your oven to 325°F.
2. Remove the seeds and the pulp from the pumpkin by cutting it in half.
3. Put foil on both halves and place in a baking pan.
4. Bake in the oven for an hour.
5. Put the pumpkin meat and the nuts in a food processor or blender and puree.



Spicy Pumpkin Hummus

A different take on a classic favorite.



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 30 servings

Ingredients

- 1 can of chickpeas, drained and rinsed
- 1 can of pumpkin puree
- 2 tablespoons olive oil, plus more for serving
- 2 chipotle chilies
- 2 cloves of garlic
- 1/4 teaspoon of chili powder
- 1/4 teaspoon of cumin (ground)
- 1/4 teaspoon of cinnamon (ground)
- salt and pepper, to taste

Method

1. Process the chickpeas, pumpkin, and olive oil in a food processor. It should have the

consistency of a puree.

2. Add the chipotle chilies, garlic, chili powder, cumin, and cinnamon. Process for another 30 minute. Scraping the sides, if needed.
3. Transfer in a serving bowl.
4. Serve and enjoy.



Simple Pumpkin Risotto

A perfect meal to celebrate the start of autumn!



Preparation Time: 30 minutes

Total Time: 1 hour 10 minutes

Yield: 6 servings

Ingredients

- 1 tablespoon of butter
- 1 tablespoon of olive oil
- 1 medium onion (chopped)
- 2 cloves of garlic (minced)
- 1/2 cup button mushrooms (chopped)
- 1 1/2 cups of Arborio rice
- 1 cup pumpkin (diced)
- 4 cups of chicken stock (unsalted)
- 1/2 cup of grated parmesan cheese
- 1/2 teaspoon dried Italian seasoning
- salt and freshly ground black pepper

Method

1. In a medium saucepan, heat the butter and oil together over medium heat. Stir-fry onion and garlic. Add the rice and coat it with the oil. Cook for a minute then add in the pumpkin, mushrooms, and Italian seasoning.
2. Pour a little over 1 cup of the chicken stock. Cook while stirring. Continue adding the stock, one cup at a time. Wait for the stock to be fully absorbed by the rice before adding another cup. Cook until rice is al dente and the pumpkin is tender, about 25 minutes.
3. Stir in the parmesan cheese. Season with salt and pepper to taste.
4. Divide among 6 individual plates. Garnish with some chopped herbs, if desired.
5. Serve immediately and enjoy.



Mango and Pumpkin Risotto

With just a hint of sweetness, this risotto will take you straight to a tropical paradise.



Preparation Time: 10 minutes

Total Time: 45 minutes

Yield: 4 servings

Ingredients

- 2 ½ cups of vegetable broth, divided
- 1 tablespoon of olive oil
- 1 onion (chopped)
- 1 cup of uncooked Arborio rice
- 1 cup of pumpkin puree
- 1/4 teaspoon of ground nutmeg
- 1 tablespoon of fresh dill weed (chopped)
- 1 mango (peeled and diced)
- salt and freshly ground black pepper

Method

1. In a small saucepan, heat broth over medium-high heat.
2. In another saucepan, heat oil over medium-high heat. Stir-fry onion for about 2-3 minutes.

3. Add uncooked rice, pumpkin, and nutmeg. Cook, stirring for 3-5 minutes.
4. Gradually add the broth. Cook for 25 minutes or until al dente.
5. Stir in dill. Season with salt and pepper to taste.
6. Divide risotto among 4 individual bowls and top with mango cubes.
7. Serve and enjoy.



Pumpkin and Quinoa Porridge

The pumpkin gives this quinoa porridge a nice subtle flavor and loads of nutrients!



Preparation Time: 10 minutes

Total Time: 25 minutes

Yield: 4 servings

Ingredients

1 cup of almond milk (divided)

1 cup water

1 cup of dry quinoa

1/2 cup of pumpkin puree

1 teaspoon of cinnamon

1/2 teaspoon of ginger

1/8 teaspoon of cloves

1/8 teaspoon of salt

2 tablespoons of ground flax seeds

1/4 cup of chopped walnuts

maple syrup (to serve)

Method

1. Combine water and almond milk in a medium saucepan or pot. Bring to a boil over

medium-high heat. Add the quinoa, pumpkin puree, spices, and salt. Lower heat to a simmer and cook for about 15 minutes, stirring occasionally. The liquid should have absorbed. Take it off the heat and stir in the flax seeds.

2. Transfer the porridge to individual bowls.
3. Sprinkle with walnuts and drizzle with maple syrup.
4. Serve and enjoy.



Spiced Pumpkin Porridge

Looking for a healthy breakfast? Try this spiced pumpkin porridge, so easy and tasty too!



Preparation Time: 5 minutes

Total Time: 15 minutes

Yield: 4 servings

Ingredients

3 cups of milk

1/2 cup of old-fashioned rolled oats

1/4 teaspoon of salt

2/3 cup of pumpkin puree

1/2 teaspoon of cinnamon

1/2 teaspoon of allspice

maple syrup (to serve)

Method

1. In a pot, bring the milk to a simmer. Add the oats and cook for about 7-10 minutes.
2. Stir in the pumpkin puree and the spices. Remove from heat.
3. Ladle in individual bowls.

4. Drizzle with maple syrup.
5. Serve and enjoy.



Slow Cooker Beef and Pumpkin Stew

Filling and delicious. This slow-cooking dish is worth the wait!



Preparation Time: 15 minutes

Total Time: 6 hours 15 minutes

Yield: 6 servings

Ingredients

- 2 tablespoon of canola oil
- 1 large onion (chopped)
- 2 cloves of garlic (minced)
- 1 pound of beef cubes
- 2 cups of pumpkin (cubed)
- 1 cup of acorn squash (cubed)
- 3 medium potatoes (peeled and cubed)
- 2 cups of beef broth
- 2 cups water
- 1 can of diced tomatoes
- 1/2 teaspoon of chili powder
- 1/2 teaspoon of pepper
- 1/4 teaspoon of allspice (ground)
- 1/4 teaspoon of cloves (ground)
- 2 bay leaves
- salt and freshly ground black pepper

Method

1. Heat the oil in a pan or skillet over medium-high heat. Stir-fry onion and garlic for 2 minutes. Add the beef and cook until browned. Transfer into a slow cooker.
2. Add in the broth, water, tomatoes, seasonings, and bay leaves. Cover with the lid and cook on low for about 4 hours.
3. Add in the pumpkin, squash, onion, and potatoes. Cook further 2 ½ hours. Season with salt and pepper to taste.
4. Ladle in individual bowls.
5. Serve and enjoy.



Pumpkin Ragout

A delicious and colorful dish. You can add potatoes if desired.



Preparation Time: 10 minutes

Total Time: 1 hour

Yield: 6 servings

Ingredients

- 2 tablespoons of olive oil
- 2 medium onions (chopped)
- 1 small pumpkin (diced)
- 1 medium red bell pepper (cut into strips)
- ¼ teaspoon dried basil
- ¼ teaspoon dried rosemary
- 2 cups of chicken stock (unsalted)
- ½ teaspoon garlic powder
- salt and freshly ground black pepper
- fresh basil (for garnish)

Method

1. Heat some oil in a medium saucepan over medium-high heat. Stir-fry onions for 1-2

minutes.

2. Add the pumpkin, bell pepper, basil, rosemary, chicken stock, and garlic powder. Reduce heat and simmer for 25 minutes. Season with salt and pepper to taste.
3. Serve with some fresh basil on top.



Cream of Carrot and Pumpkin Soup

This pumpkin soup is so flavorful, it will help keep you warm when the weather is cold.



Preparation Time: 10 minutes

Total Time: 40 minutes

Yield: 8 servings

Ingredients

- 2 tablespoons olive oil
- 1 medium onion (chopped)
- 2 cloves of garlic (minced)
- 1 1/2 tablespoon of ginger root (peeled)
- 2 cups of pumpkin (diced)
- 2 cups of carrots (diced)
- 3 cups of vegetable broth (unsalted)
- 2 cups of milk
- 1 teaspoons of turmeric powder
- 3/4 teaspoon of cinnamon
- 1 teaspoon of maple syrup
- 1/2 cup sour cream
- salt and freshly ground black pepper

Method

1. Heat oil in a medium saucepan over medium-high heat. Stir-fry onion, garlic and ginger for 2-3 minutes.
2. Add pumpkin, carrots, and vegetable broth. Simmer for 25 minutes. Cool slightly and transfer in a blender or food processor. Puree in batches if needed. Return soup into the pan.
3. Add the milk, spices, and maple syrup. Cook for another 3-5 minutes. Season with salt and pepper to taste.
4. Ladle in individual bowls. Top with a dollop of sour cream.
5. Serve and enjoy.



Curried Pumpkin Soup

An autumn favorite with a mild spicy kick!



Preparation Time: 10 minutes

Total Time: 50 minutes

Yield: 6 servings

Ingredients

2 tablespoons of butter
1/2 cup of onion (chopped)
2 cloves of garlic (crushed)
1 teaspoon of curry powder
1/4 teaspoon of cayenne pepper
3 cups of chicken broth (unsalted)
2 cups of pumpkin puree
1 1/2 cups of evaporated milk
salt and freshly ground black pepper

Method

1. Melt the butter in a medium saucepan over medium heat. Stir-fry the onion and garlic

for 2 minutes. Add the curry and cayenne pepper. Cook for about a minute.

2. Add broth and pumpkin puree. Bring to a simmer for about 20 minutes.
3. Stir in evaporated milk, cook further 5 minutes. Season with salt and pepper to taste.
4. Serve and enjoy.



Simple Herb Pumpkin Soup with Croutons

Serve this to someone with a cold and they'll immediately feel better.



Preparation Time: 10 minutes

Total Time: 50 minutes

Yield: 4 servings

Ingredients

4 cups water

1 medium pumpkin (diced)

1 medium carrot (diced)

1 red capsicum (chopped)

1 medium onion (sliced thinly)

3 cloves of garlic (crushed)

1/3 cup of cream cheese

1 tablespoon of fresh chives

1 1/2 tablespoons flat-leaf parsley (chopped)

1 cup of croutons

salt and freshly ground black pepper

Method

1. In a saucepan, boil 4 cups of water. Add the pumpkin, carrot, capsicum, garlic, onion, and a pinch of salt. Cover and cook for 30 minutes. Allow to cool slightly.
2. Pour the mixture into a blender and puree. Add the cream cheese then blend some more. Put the soup back in the saucepan and add the herbs. Season with salt and pepper to taste and cook until heated through.
3. Serve soup with croutons on top.
4. Enjoy.



Homemade Barley and Pumpkin Soup

Another good variation of the classic pumpkin soup.



Preparation Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 6 servings

Ingredients

2 cups of pumpkin puree

3 cups chicken stock (unsalted)

2 cups of water

2/3 cup of barley

4 celery ribs (chopped)

1/2 cup onion (chopped)

1 tablespoon of fresh dill weed

1 teaspoon of paprika

2 teaspoons of garlic powder

salt and freshly ground black pepper

Method

1. Heat the chicken stock and water in a pot. Add the pumpkin puree and bring to a boil.
2. Add the barley, celery, onion, dill, paprika, and garlic powder.
3. Simmer the soup for about 15 minutes. Season to taste.
4. Ladle in individual bowls.
5. Serve and enjoy.



Chicken and Pumpkin Soup

This wonderful pumpkin soup recipe with chicken is so tasty and easy to cook.



Preparation Time: 10 minutes

Total Time: 40 minutes

Yield: 8 servings

Ingredients

1 medium pumpkin

8 cups of water

1 lb. chicken breast fillet (cubed)

1 tablespoon of butter

1 teaspoon of garlic (minced)

1 teaspoon of ground cumin

½ teaspoon onion powder

1 cup of heavy cream

salt and freshly ground black pepper

fresh parsley (for garnish)

Method

1. Peel the pumpkin and cut it into cubes. Place it in a medium pot along with the water. Cook until soft then puree in a blender or food processor.
2. Melt the butter in a large saucepan over medium heat. Stir-fry garlic for 1-2 minutes.
3. Add the chicken and cook until browned.
4. Add the pumpkin, water, cumin, and onion powder. Simmer for 25 minutes or until the pumpkin is tender. Cool slightly and then transfer into a blender. Blend in batches.
5. Return soup into the saucepan and add the cream. Cook for another 3-5 minutes. Season with salt and pepper to taste.
6. Ladle in individual bowls. Garnish with fresh parsley.
7. Serve and enjoy.



Pumpkin Fritters

These crispy pumpkin fritters are a sure hit with the kids!



Preparation Time: 10 minutes

Total Time: 30 minutes

Yield: 6 servings

Ingredients

1 cup of pumpkin puree

1 large egg

½ cup of flour

½ cup of breadcrumbs

1 teaspoon of baking powder

1/2 teaspoon of onion powder

1/4 teaspoon of dried thyme

oil for frying

salt and freshly ground black pepper

Method

1. Mix all of the ingredients together in a bowl. Divide mixture and form into small patties.

2. Heat some oil in a deep saucepan. Add the patties into the oil and fry until golden. Remove with a spoon and drain the oil in a plate with paper towels.
3. Serve and enjoy.



Sweet Pumpkin Wontons

A different way to incorporate pumpkin in a dish that isn't normally associated with it!



Preparation Time: 10 minutes

Total Time: 40 minutes

Yield: 24 servings

Ingredients

2/3 cup of pumpkin puree

1 ½ tablespoons of brown sugar

1/2 teaspoon of pumpkin pie spice

1/4 cup of cream cheese (at room temperature)

24 wonton wrappers

egg wash

vegetable oil for frying

Method

1. Combine the pumpkin, brown sugar, pumpkin pie spice, and cream cheese in a bowl. Mix well.
2. Put the wonton wrappers on your work area. Take a brush and brush the edges of each wrapper with egg wash. Put 1 ½ teaspoon of filling in the center and form a triangle by folding each wrapper. Pinch the edges to seal.
3. Heat oil in a saucepan over medium-high heat. Drop the wontons in the oil and cook

for 3 minutes on each side. Repeat with remaining wontons.

4. Transfer to a plate lined with paper towels, to drain excess oil. Cool slightly.
5. Serve and enjoy.



Homemade Pumpkin Fudge

Yummy fudge nuggets, a great dessert recipe!



Preparation Time: 20 minutes

Total Time: 1 hour

Yield: 16 servings

Ingredients

- 2 tablespoons of butter
- 2 cups of white sugar
- 2/3 cup of evaporated milk
- 1 cup of white chocolate chips
- 7 ounces of marshmallow creme
- 1 cup of canned pumpkin
- 1 teaspoon of ground cinnamon
- 1 teaspoon of vanilla extract

Method

1. Take a baking sheet and line with aluminum foil.
2. Heat the milk and sugar over medium-high heat. Gently bring it to a boil, stirring occasionally.

3. Add the pumpkin puree and the cinnamon. Boil again and then add the marshmallow creme and butter. Allow to boil and cook for 15-18 minutes.
4. Remove from heat and then add the white chocolate chips and vanilla extract. Stir until the chocolate chips are melted. Pour into the baking pan. Cool and then remove from the pan. Cut into squares and serve.
5. Enjoy.



Cinnamon and Pumpkin Milkshake

A refreshing, spiced milkshake that is great for a quick snack.



Preparation Time: 5 minutes

Total Time: 5 minutes

Yield: 2 servings

Ingredients

1/2 cup of pumpkin puree
2 cups of almond milk
1/4 teaspoon of vanilla extract
1/8 teaspoon of cinnamon
1/8 teaspoon of nutmeg
1/8 teaspoon of allspice
chopped walnuts (for topping)
4 ice cubes

Method

1. Combine pumpkin puree, almond milk, vanilla, cinnamon, nutmeg, and ice cubes in a blender. Process until smooth.
2. Pour in 2 tall glasses. Sprinkle with walnuts and more cinnamon on top, if desired.

3. Serve and enjoy.



Pumpkin and Mango Smoothie

A simple and easy-to-follow smoothie recipe that will definitely soothe your sweet tooth.



Preparation Time: 5 minutes

Total Time: 5 minutes

Yield: 2 servings

Ingredients

1 cup of cold milk

1/2 cup of yogurt

1/2 cup of mango

1/4 cup of pumpkin puree

Method

1. Combine milk, yogurt, mango, and pumpkin puree in a blender. Process until smooth.
2. Pour in 2 chilled glasses.
3. Serve and enjoy.



Easy Pumpkin Parfait with Cranberries

A delicious parfait that will soon become everyone's favorite!



Preparation Time: 7 minutes

Total Time: 7 minutes

Yield: 4 servings

Ingredients

- 1 cup of pumpkin puree
- 1 cup vanilla pudding
- 1 teaspoon of pumpkin pie spice
- 1 cup of frozen cranberries
- 1/2 cup crushed grahams
- fresh mint (for garnish)

Method

1. Divide half of the pumpkin puree into 4 dessert glasses. Top with crushed grahams. Set aside.
2. Combine the remaining pumpkin puree, vanilla pudding, and pumpkin pie spice. Mix well. Divide mixture and place on top of grahams.
3. Finally, top with frozen cranberries. Garnish with fresh mint.

4. Serve and enjoy.



Pumpkin Soy Smoothie

A simple and easy-to-make smoothie that is truly delicious and satisfying!



Preparation Time: 5 minutes

Total Time: 5 minutes

Yield: 4 servings

Ingredients

- 1 cup of pumpkin puree
- 3 cups of soy milk
- 2 tablespoons agave nectar
- 1 teaspoon of ground cinnamon
- 1 cup crushed ice
- whipped cream (for topping)

Method

1. Combine pumpkin puree, soy milk, agave nectar, cinnamon, and crushed ice in a blender.
2. Pour in 4 chilled glasses and top with whipped cream. Sprinkle with more cinnamon, if desired.
3. Serve and enjoy.



Homemade Pumpkin Spice Latte

Make this cafe favorite right in your very own kitchen!!



Preparation Time: 10 minutes

Total Time: 10 minutes

Yield: 1 serving

Ingredients

3/4 cup of steamed whole milk

1 shot of espresso (hot)

2 tablespoons of pumpkin puree

1/8 teaspoon of pumpkin pie spice

1/8 teaspoon of vanilla extract

1 teaspoon maple syrup or honey

whipped cream (for topping)

ground cinnamon (for topping)

Method

1. In a mug, combine milk, espresso, pumpkin puree, pumpkin pie spice, vanilla extract, and maple syrup. Mix well.
2. Put some whipped cream on top and sprinkle with ground cinnamon.

